



Joy Of Conscious Parenting

An Initiative of Auramirra

www.auramirra.com



Anahata

The Joy of Conscious Parenting

A uniquely designed program that deals with pregnancy parenting and prenatal care. It combines the science and art of mindful conscious parenting. It touches on practices, attitudes and states of awareness to render the journey a beautiful one, thereby providing holistic wellness to the child.



A Labor of Love

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Enhanced Lamaze Pre Natal Program (Physiotherapy Related Pregnancy Exercises)

Exercises and workouts that focus on breath and movements that help stabilise and strengthen the pelvic floor muscles, paving the way for a happy delivery.



Mr. Naveen Silver Star
M.P.T (Masters in Physiotherapy)



Ms. Malini Shanmugam
Integral Life Coach, Mentor & Educator
Professional certification in Future
Studies, Integral Education, Empower-
ing Relationship and Towards the
Light Within.



Empowering Relationships

Expanding the horizon of care and wellness for the mother and baby.

Inviting wellness at the physical, mental , emotional and spiritual level through the connectedness model.

Meditative practices



Garbh Sanskar & Post Natal Care

Empowering day to day practices

Nutrition

Story telling etc.,

Post Natal Care : Understanding the inner

dialog and needs of child from birth

to 6 years



Mrs Nithya Prabhurajh
M.Sc. In Applied Psychology

Trained Educator in Prenatal Workout

Certification in CABCS (Applied Basic Counselling Skills)

Trained in classical dance.



Ms. Chitra Anumugaswamy
M.Sc.App Psych., DIP Spl Ed



Art & Movement

Music and movement

Art Therapy

Awareness through body



Interface with Experts

Focuses on

Building Confidence

Fact files about labour

Breathing techniques to facilitate conscious birthing

Massages

Infant care

Lactation.



Music for the Soul

Music Sessions



Ms. Daisy Isaac

Trained doula with an international certification with over two decades of experience at CMC, Vellore and Saudi Arabia. Conducted 1200 deliveries.

MILESTONES...

ANAHATA ... the joy of conscious parenting was presented at SAMBUDHI, a workshop for Prenatal Care conducted by Sri Aurobindo Foundation of Indian Culture Puducherry, April 2018

Our article on "Prenatal Consciousness and Care", published in NAMAHA, The Journal of Integral Health (15/10/2018, Vol 26 issue)

<http://www.namahjournal.com/doc/Actual/Pre-natal-consciousness-and-care-vol-26-iss-3.html>



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Auramirra

Auramirra Centre founded on the wisdom of teachings of Mother and Sri Aurobindo and of the great gurus aspires to take this Light forward in the field of pregnancy care through ANAHATA, The Joy Of Conscious Birthing, a uniquely crafted program that is holistic in nature offers the mothers a wonderful opportunity to work on themselves at different levels...physical, mental, emotional and spiritual to ensure that the journey of pregnancy culminates as a labour of Love.

EXPERIENCE THE RICHNESS OF PRACTICES
AND EMPOWERING CHOICES AND GIFT
YOUR BABIES THE LIGHT AND LOVE OF
ANAHATA.

Founder Collaborators:

Nalini Shanmugam

Chitra Arumugasamy

Nithya Prabhurajh

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